

Take a Break Transcript

Take a break...seriously!

Taking a break means you're taking care of stress by taking care of yourself and others.

Stress at work can add up, and that's on top of the regular life stuff.

All of this can pile on. It can feel like it's everywhere.

Now up to a certain point, stress can help you be more creative and do better work.

But beyond that point, it can hurt you. Sometimes stress affects your body. It can zap your immune system, drain your energy, and cause illness.

Sometimes it affects your thoughts and feelings, and it can steal your focus and cause an accident.

So take a break.

Start by knowing that there are real reasons out there for why we can feel stressed out. So give yourself and others some room to breathe.

First...take care of yourself.

- Let people know if you're feeling stressed.
- Take a break.
- Take a walk.

take a BREAK

And be sure to:

- Exercise
- Eat right
- Get enough sleep.

Then...take care of each other.

- Check in on each other.
- Ask how others are doing - listen for awhile.
- Cut each other some slack.

For each leader...check in with your staff.

- Listen when someone needs to talk.
- Ask how they're doing, how you can help.
- Encourage everyone to look after each other.
- Make sure people take breaks, take walks, and take time for personal conversations.

So start taking care of stress by taking a break, taking care of yourself, and taking care of others.

More Resources:

National Institute for Occupational Safety and Health (NIOSH) – www.cdc.gov/niosh/stresswk.html

American Institute of Stress – www.stress.org/job.htm